When you’re climbing the ladder and you hear something splatter?

Diarrhea

Travel Medicine

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Overview

- General Guidelines
- Immunizations
- Infectious Disease
- Medical Kit

General Principles of Travel Medicine

- Plan ahead for possible medical problems based on local risks.
- Understand the geography of the locale to predict risks.
- Contact CDC, and WHO for the latest information concerning travel exposures.

Travel Hygiene

- Drink “safe” water
- Avoid high water content vegetables
- Eat “safe” foods

Immunizations

- Start planning for immunizations 6wks prior to travel.

Available Immunizations

- Routine:
  - Tetanus
  - Diphtheria
  - Pertussis
  - Polio
  - Haemophilus
  - Measles
  - Mumps
  - Rubella
- Travel
  - *Cholera*
  - Yellow fever
  - *Typhoid*
  - Plague
  - Meningococcus
  - *Rabies, HCDV, RVA, DEV*
  - Japanese encephalitis
  - IG
- Special: Influenza, Pneumococcus, HAV, HBV, TB, Smallpox

Infectious Disease

- Most travel associated diarrhea is self limited lasting 6-8 days. Etiology is generally enteric bacteria not familiar to the traveler.
- Malaria prophylaxis - based on geography and local resistance patterns.
- STD’s

Medical Travel Kit

- Medical History
- Phone Card and International Health Numbers.
- Medical Insurance
- Prescriptions:
  - Antibiotics: skin infections, URI, UTI
  - Allergies: Epi pen, Benadryl, Medrol dose pack, Ventolin
  - Diarrhea: antimobility rx, antibiotics (Bactrim, floroquinolone, etc..), oral rehydration formula
  - antifungal vaginal cream, insect repellent
  - bandages
  - condoms

Summary

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- Infectious Disease
- Med Kit

Contacts

- Centers for Disease Control and Prevention; 1600 Clifton Road; Atlanta, GA 30333
- CDC Main Switchboard (404) 639-3311
- CDC International Hotline (404) 332-4559
- CDC Fax Info (404) 332-4565
- CDC Emergency Consults (404) 639-2888
- World Health Organization: *Vaccination Requirements and Health Advice;* 49 Sheridan Ave; Albany, NY 12210